

Fruit and Vegetable Salad



Ingredients

- ¼ cup cucumbers, quartered
- ½ cup grape tomatoes, halved
- ¼ cup carrot shavings
- 1 cup pineapple chunks
- 1 orange, sectioned
- ⅓ cup raisins
- 3 Tbsp chopped walnuts, divided
- 2 cups romaine lettuce, chopped
- Dressing:
 - ½ cup non fat plain yogurt
 - 1 Tbsp orange juice
 - 1 ½ tsp white vinegar

Directions:

1. In small bowl mix together yogurt, orange juice and white vinegar. Set aside.
2. In large bowl mix vegetables, pineapple, orange and 1 Tbsp chopped walnuts. Add dressing and mix till blended.
3. Refrigerate until ready to serve.
4. Serve on a bed of lettuce if desired.
5. Sprinkle the raisins and remaining top of the dish for final touch.

Yield 4 servings, serving size: 1 serving. Calories: 87. Fat: 3.75 g. Cholesterol: 7.5 mg. Sodium 32 g, Protein: 3.6 g, Carbohydrates: 24 g, Fiber: 3 g, Sugar: 15.5 g